

SODC INSIDER

Oral Architecture:
The Science
Between the Mouth
and the Body

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FIND OUT MORE

THE ROOT OF THE MATTER: BIOSC 104 ANATOMY & PHYSIOLOGY

Dental hygienists need to understand and recognize normal structures and functions of the mouth and body, so Anatomy & Physiology is one of the foundational courses that first term students take. This course is divided into two parts: the anatomy of each body organ, and then how that organ functions in relation to the system it belongs to (physiology). In order to recognize and treat any dental issues or abnormalities in the head and neck, dental hygienists need to know what is considered common, normal or a variation of normal. Thus, we cover over 15 different body systems in this course. Upon successfully completing Anatomy & Physiology, the students then directly apply this knowledge to Human Pathophysiology in term two, where we focus on the diseases/disorders of each body system, as many systemic diseases manifest symptoms in the head, neck and oral cavity.

The foundational knowledge that this course provides allows students to accurately identify potential disorders and prevent complications, educate clients on their oral health and the oral-systemic link, tailor care specifically to their clients, and to collaborate effectively with other healthcare professionals (like oncologists). Dental hygiene is more than just teeth and gums; it involves systems and structures that support and affect oral health, and that's what our students learn in Anatomy & Physiology.

SUKHI D. RDH (INACTIVE)
SODC DH Theory Instructor



FACULTY SPOTLIGHT

Sukhi D.

Sukhi is a dental hygiene theory instructor at SODC. She has been a dental hygienist (currently inactive) for 21 years. She has spent 14 years teaching students and currently teaches Anatomy & Physiology, Microbiology & Immunology, Oral Microbiology, Human Pathophysiology, and Health Informatics & Emerging Trends.

When she's not teaching, Sukhi is a community organizer with the Sikh Heritage Month Hamilton organization, an annual Mac Kids Walk and Wheel fundraiser, and a content creator who loves sharing her passion for learning and reading.

Beyond the OP

Q: Which functions or features of the mouth tend to be taken for granted despite their importance?

A: When people talk about the mouth, they talk generally about the status of the teeth, the gums, and the smile. What is generally missed and overlooked is the OCCLUSION or in layman's terms, THE BITE. We have seen, read and heard information about healthy teeth, healthy gums but rarely do we hear about healthy bites. The status of the bite or occlusion is highly correlated to the proper breathing and the general health of everyone.

Q: What's something about oral anatomy that you find fascinating – or that most people don't know?

A: The most fascinating information that excites me – which most people are not aware of – is that dental professionals (with proper training and good knowledge) can be very instrumental in improving the quality of life for clients by helping them take care of their oral health.

Q: If someone wanted to better understand their own mouth, what should they pay attention to during checkups?

A: I will encourage everyone (the public) to start asking their dental professionals for the status of their gums, teeth, smile, bite and their breathing. Ask what can be done to have optimum health, well-being and an improvement in the quality of life for themselves.

Dr. Roland P. Estrabillo, DDS
Dean and President





THE TOOTH TRUTH FILES

Life at Southern Ontario Dental College



Can you tell us a bit about yourself?

I'm a dental hygiene student at SODC who's passionate about teeth cleaning, healthy gums, and making people smile literally and figuratively. When I'm not scaling calculus, you'll find me scaling my to-do list or convincing my friends to floss.

What has your experience been so far with SODC's student clinic?

It's been a rewarding experience that's helped me build confidence, clinical skills, and professionalism. Working with real patients under supervision has allowed me to apply classroom knowledge in meaningful ways. AKA Trust The Process of SODC.

What advice would you give someone who is interested in the Dental Hygiene Program?

Be prepared to work hard, stay organized, and stay passionate. The program is intense but incredibly fulfilling if you're committed to learning and helping others you will see the difference.



IBRAHIM N. DENTAL HYGIENE TERM 3

SODC IPAC in Practice

To keep our clinical environment safe, efficient, and respectful for everyone, please take a moment to review these important reminders:

IPAC Compliance: As required by IPAC, safety glasses and lab jackets must be worn at all times while in the clinic.

Hand Hygiene & Tray Use: Please sanitize your hands before retrieving any items for your white tray—and remember, the white tray should always be used.

Chemical Indicators: Instruments or cassettes must contain a Class 5 Chemical Indicator (CI) to be considered safe for use. If it's missing, the item cannot be used.

Thank you for your continued commitment to maintaining a clean, safe, and professional clinic space!

Cami K. CDA II
SODC Dispensary Technician

STUDY TIP OF THE MONTH

Prepare yourself for an upcoming lecture.

Studying for an upcoming test or exam involves reviewing the content, not trying to learn it for the first time or re-learn it. To avoid cramming for a test or exam, the lecture content about 1-2 days after the lecture. This should take about 10-15 minutes because you were taking notes during class. This gives your brain a little break, and you'll be surprised how much you remember and will retain moving forward! This is a form of consolidating your learning.

Christine C. RDH, B.Sc., M.Ed.
Dental Hygiene Theory & Clinical Instructor
Dental Assistant Level I & II Program Coordinator

EVENTS AT SODC

OCTOBER 1 - CKJOBS IN CHATHAM WITH DR. ESTRABILLO

OCTOBER 6 - WELCOME RESTORATIVE STUDENTS (RDHP3)

OCTOBER 6-10 - MID-TERM BREAK TERM 2 AND TERM 4
DENTAL HYGIENE PROGRAM

OCTOBER 7 & 8 - WHITE OAKS SECONDARY SCHOOL WITH
DR. ESTRABILLO

OCTOBER 13 - HAPPY THANKSGIVING

OCTOBER 15 - DREAM DUFFERIN CAREER PATHWAYS WITH
DR. ESTRABILLO

OCTOBER 16 - T.A. BLAKELOCK SECONDARY SCHOOL WITH
DR. ESTRABILLO

OCTOBER 22 - ALDERSHOT HIGH SCHOOL WITH DR. ESTRABILLO

OCTOBER 29 - FLETCHER'S MEADOW POST SECONDARY SCHOOL
WITH DR. ESTRABILLO

OCTOBER 31 - HAPPY HALLOWEEN

